



# Cheddar Crusted Chicken

with Sweet Potato Mash and Green Beans

Quick

30 Minutes



Chicken Breasts



Sweet Potato



Cheddar Cheese, shredded



Smoked Paprika-Garlic Blend



Sour Cream



Mayonnaise



Panko Breadcrumbs



Green Beans

HELLO PANKO BREADCRUMBS

*These flaky Japanese-style breadcrumbs give the chicken an irresistibly light and airy crunch.*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

2 Baking sheets, vegetable peeler, measuring spoons, potato masher, shallow dish, colander, parchment paper, large pot, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Sweet Potato	340 g	680 g
Cheddar Cheese, shredded	¼ cup	½ cup
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Sour Cream	6 tbsp	12 tbsp
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Green Beans	340 g	680 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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### Prep

Trim **green beans**. Combine **panko**, **cheddar cheese** and **Smoked Paprika-Garlic Blend** in a shallow dish. Pat the **chicken** dry with paper towels. Carefully slice into the centre of **each chicken breast**, lengthwise and parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season both sides with **salt** and **pepper**.



### Roast beans

Toss the **green beans** and **1 tbsp oil** (dbl for 4 ppl) on another baking sheet. Season with **salt** and **pepper**. Roast in the **top** of the oven, until golden-brown and tender, 6-8 min.



### Cook chicken

Coat one side of the **chicken** with **mayo**. Working with **one chicken breast** at a time, press the **mayo-coated** side into the **panko mixture**, pressing firmly to adhere. Transfer **chicken** to a parchment-lined baking sheet, coated side up. Bake **chicken** in the **middle** of the oven, until cooked through, 18-20 min.\*\*



### Finish potatoes

Drain and return **potatoes** to the same pot, off heat. Using a masher, mash **sour cream** and **1 tbsp butter** (dbl for 4 ppl) into **sweet potatoes**, until smooth. Season with **salt** and **pepper**.



### Start sweet potatoes

While the **chicken** bakes, peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and enough **water** to cover (approx. 1-2 inches) in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, stirring occasionally, until fork-tender, 10-12 min.



### Finish and serve

Divide the **sweet potato mash**, **cheddar crusted chicken**, and **green beans** between plates.

## Dinner Solved!